

Smart Snacks- Foods and Beverages

Nutrition Standards for All Food Sold In Schools – effective July 1, 2014
Idaho State Department of Education, Child Nutrition Programs

							Portion Limits		
First Ingredient ¹	Examples	≤35% Fat	<10% Sat Fat	≤35% Sugar	No Trans Fat	Sodium	Elementary	Middle	High
Fruit or Vegetable	Fresh fruits and vegetables with no added ingredients ²	N/A ³	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Canned and frozen fruit in water, 100% juice, extra light syrup or light syrup	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Canned vegetables with no added ingredients ⁴	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Dried fruit or vegetables (whole or pieces) with no added sugar	✓	✓	N/A	✓	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Dried whole fruit or dried fruit pieces with necessary added sugar ⁵	✓	✓	N/A	✓	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Fruit or vegetables <i>with added ingredients (except those listed above)</i>	✓	✓	✓	✓	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
Dairy	Reduced fat cheese or part skim mozzarella	N/A	N/A	✓	✓	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Yogurt	✓	✓	✓	✓	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.

¹ If the first ingredient is water, look at the second ingredient.

² Except water

³ “N/A” means “Not Applicable”-- this food item does not have to meet this standard

⁴ Except water or a small amount of sugar required for structural integrity in processing

⁵ ONLY as needed for processing or palatability (cranberries, tart cherries, blueberries)

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							Elementary	Middle	High
Grain	50% Whole Grain ⁶	✓	✓	✓	✓	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Not 50% whole grain	not allowed (<i>see Combination food or Special Exception below</i>)							
Protein	Nuts and seeds	N/A	N/A	✓	✓	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Nuts and seed butters	N/A	N/A	✓	✓	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Nuts/seeds with dried fruit no other ingredients	N/A	N/A	N/A	✓	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Seafood with no added fat	N/A	✓	✓	✓	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Meat/Poultry/Egg	✓	✓	✓	✓	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
Combination Foods	Must contain 1/4 cup fruit or vegetable ⁷	✓	✓	✓	✓	≤230 mg	≤200 cal.	≤200 cal.	≤200 cal.
	Entrée ⁸ served in a reimbursable school meal on day of service or day after.	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Entrée ⁷ all other	✓	✓	✓	✓	≤480 mg	350	350	350

⁶ To meet Whole Grain requirement the first ingredient must be a whole grain OR, 50% of the product's weight must be whole grains. (This standard does not require enrichment nor does it look at non-creditable grains, like NSLP/SBP.)

⁷ A combination food must contain ¼ cup fruit or vegetable OR contain 10% of the Daily Value of a nutrient of public health concern (calcium, potassium, vitamin D, or dietary fiber)

⁸“Entrée item” is defined in the Smart Snacks in School rule as “an item that is either: (i) A combination food of meat or meat alternate and whole grain rich food; or (ii) A combination food of vegetable or fruit and meat or meat alternate; or (iii) A meat or meat alternate alone with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters, and meat snacks (such as dried beef jerky).” The interim final rule does not include grain-only items as entrée items. However, Food and Nutrition Service (FNS) understands this may limit the availability of products which are healthy choices that students are accustomed to having for breakfast. Therefore, a school food authority (SFA) is permitted to determine which item(s) are the entrée items for breakfasts offered as part of the SBP.

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	Examples	≤35% fat	<10% Sat fat	≤35% sugar	no trans fat	sodium	Portion Sizes		
							Elementary	Middle	High
Other	Sugar free chewing gum	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Foods that otherwise qualify but contain Caffeine (except for trace amounts that are naturally occurring)	✓	✓	✓	✓	✓	not allowed	not allowed	≤200 cal.
	Accompaniments	All accompaniments must be included in the nutrient profile of the food item it is being served with. i.e.- salad dressing, cream cheese, sauces, dips							
	Special exception until July 1, 2016	If a product does not qualify based on its first ingredient, it may qualify if it contains ≥10% of the Daily Value of a nutrient of public health concern (i.e. calcium, potassium, vitamin D or dietary fiber).							

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Beverages	Allowed beverages ⁹	Portion Limits		
		Elementary	Middle	High
	Plain water carbonated or not	no limit	no limit	no limit
	Low fat milk unflavored	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
	Nonfat milk flavored or unflavored	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
	Milk alternatives that are nutritionally equivalent as permitted by NSLP/SBP standards	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
	100% Fruit and/or vegetable juice	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
	100% Fruit and/or vegetable juice diluted with water (with or without carbonation) and no added sweeteners.	≤8 fl. oz.	≤12 fl. oz.	≤12 fl. oz.
	Other flavored and/or carbonated beverages that are labeled to contain ≤5 calories per 8 fl. oz. or ≤10 calories per 20 fl. oz.	Not allowed	Not allowed	≤20 fl. oz.
	Other flavored and/or carbonated beverages that are labeled to contain ≤40 calories per 8 fl. oz. or ≤60 calories per 12 fl. oz.	Not allowed	Not allowed	≤12 fl. oz.
	Caffeine	Not allowed	Not allowed	Allowed

⁹ For purposes of smart snacks, a smoothie made of allowable foods (fruits, vegetables, yogurt) is considered a food. If made only of allowable beverages (milk, fruit juice), it is a beverage. This does not apply to smoothies used in reimbursable breakfasts. For guidance on smoothies at breakfast, see [USDA policy memo SP10 CACFP05 SFSP10-2014](#)

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